

*“Empower, Educate, and Encourage”*

# GIRLS IN ACTION (GIA)

May 16, 2011

## *Bi-Weekly Talk*

### GIAgirl Talk Session: "Fit and Fab: It's A Girl Thing!"



*“Girls Empowered”*

To Celebrate National Women's Health Week, Girls In Action had a GIAgirl Talk Session, "Fit and Fab: Its A Girl Thing," Saturday May 14th at 4PM with Certified Personal Trainer, Patrice Jones at Sursum Corda Youth Center, 1175 1st Terrace NW, Washington DC 20001. We had a total of 12 girls in attendance, ages range from 8 to 15 years old and 4 volunteers. The girls and volunteers learned that good health is a product of good habits and that we should all try to schedule at least 30 minutes each day for exercise. We must learn to take care of our body so it will take care of us. The GIAgirls were informed to ask a friend of family member to help motivate them to reach their healthy goals. We are never too young to be accountable to one another.

*Each One Help One Teach One Reach One*



**Who wants salt?** This is what Certified Personal Trainer Patrice Jones asked the GIAgirls when she held up a bag of pickles. She informed the girls that 1 pickle (about 1200 grams of sodium) has more than enough sodium needed for an entire day. That was a shocker and a great pointer because we all love to eat pickles as you can see by the hands rose in the picture above. According to Patrice Jones, the U.S. RDA for sodium is 2400mg allowance per day. She also said that it's perfectly fine to eat less...much less to prevent high blood pressure. She informed us that most sliced pickle spears have about 400mg of sodium and it consists of processed salts...not natural sodium (i.e. sea salt). She said, “add a fast food breakfast sandwich...burger and/or French fries to THAT....and your kids could potentially eat 3000 to 4000 mgs of sodium in ONE day!!

**GIAGirl Fatima asked Certified Personal Trainer, Patrice Jones several health questions about how can she change her diet to eat more healthy and incorporate exercise into her daily routine.**



**Certified Personal Trainer is reading the nutritional facts on the Veryfine Juice container and informed the girls that the bottle is full of sugar vs. natural juice.**



#### **Patrice Jones's Bio – Courtesy of Fru Fit Facebook Page**

**Patrice Jones, founder of Fru-Fit "Affordable Fitness" is a Certified Personal Trainer and Health and Fitness Columnist.** She knows first-hand what it's like to feel unhappy due to being overweight and unhealthy. Weighing in at 200 pounds and only 5'3 in 2006, Patrice, like many Americans, had a fast-food addiction. She didn't make time for exercise because she felt she was too busy. No longer able to fit into her size 19 jeans, Patrice made time for change! In approximately 1 year, Patrice shed 65 pounds through healthy diet and exercise. An avid runner (56 miles per week), with a passion for health and fitness, her battle had just begun. With the death of her older brother and her own battle with illness and obesity, Patrice is able to motivate and inspire her clients to live healthy lifestyles through proper diet and exercise. She pushes her clients out of their 'comfort-zone' and helps them push back from the table; away from their 'comfort-foods'. Health and fitness success guaranteed; weight loss on the outside; healthiness from the inside out!

In 2006, HER LUNCH consisted of 2 Filet-O-Fish sandwiches....extra cheese....extra tarter sauce...2 apple pies....and a large strawberry-chocolate mixed milkshake. NOW the mere SMELL of McDonalds makes her stomach turn. If her clients have had even ONE French fry...She can SMELL it like it was ALCOHOL. She says, "If I can DO IT...YOU can DO IT...but you MUST change your MIND in order to change your BODY....CHANGE YOUR LIFE!!!"

**If you would like to consult with Patrice Jones, please reach her at [FruFitAssistant@gmail.com](mailto:FruFitAssistant@gmail.com) and (202) 710-7859. Patrice Jones is "Changing Lives One Talk at a Time"**

The GIAGirls and volunteers learned so much about health, exercise and nutrition at this session and were eager to learn more.



## **SPECIAL THANKS TO VOLUNTEERS & GIAGirls**

I want to give a special thanks to all the GIAGirls and volunteers who attended and donated food to our GIAGirls Talk session. The volunteers who attended were Ayesha Wallace, LaJuan Little, NyKita Reed and guest speaker, Patrice Jones. I want to also give a special thanks to Tangela Anderson and Patrice Jones who provided the GIAGirls with a healthy lunch. We are grateful and thankful for your support in our mission to empower, encourage and educate our female youth.

Girls In Action is very thankful for their volunteers and supporters. We appreciate you.



**TO SUPPORT GIRLS IN ACTION LITERACY INITIATIVES** to inspire reading amongst our female youth, Please visit our Amazon.com Books Wish List **TO PURCHASE & DONATE A BOOK(S)** - <http://amzn.com/w/2GGK5MPGI6S8W>

**The next GIAGirl Talk session is Saturday, May 21, 2011 at 3PM.**

**FUN DAY: Princess DIVA Spa Day**

**Sursum Corda YOUTH CENTER**

**1175 1st Terrace NW**

**Washington DC 20001**

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**GIRLS IN ACTION (GIA)**

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